Paper Reference(s) BSP01
Pearson BTEC Tech Award Level 1/2

Sport

COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity

Pearson Set Assignment

June 2023

Time: 5 hours (approximately)

Y76350A

Pearson

YOU MUST HAVE

Nil

YOU WILL BE GIVEN

Nil

INSTRUCTIONS

This assessment may be given to learners as soon as it is received. This assessment is for use with the May 2023 – June 2023 moderation series. Please refer to the Administrative Support Guide for further information and mark submission deadlines.

Instructions to Learners

You should read the information given in the vocational context and each task section of this assignment carefully prior to starting work. Tasks often link to one another, so it is important to make sure you understand all tasks before starting the assignment.

The assignment will take approximately 5 supervised hours to complete.

This is divided into approximately:

- **2 hours to complete Task 1**
- **1 hour to complete Task 2**
- **2 hours to complete Task 3.**

These timings are for guidance only but should be used as an indication of how long to spend on each task. Your teacher will advise you when it is time to move from one task to the next.

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Instructions to Learners continued.

You must work independently and should not share your work with other learners. All work must be your own and you must sign a declaration of authenticity to confirm this. If group work or collaboration is permitted, you must produce your own independent responses and evidence for the tasks.

Any sources of information, ideas, text, audio and/or visual assets created by others that you include in your work must be clearly identified and referenced. Using the work of others as your own or without proper acknowledgement is considered plagiarism and can result in disqualification from the assessment.

You may ask your teacher for support if you have questions about the requirements of tasks, what evidence you need to produce and any resources you are allowed to access. They cannot give you feedback about how to improve your work or guide you to solutions to any questions or problems in the tasks.

Turn over

Vocational context

Priya is a 40-year-old female. She has recently moved home, leaving a big city and coming to live on the edge of a small town. Priya lives with her partner. They do not have any children and have not met any new people since moving to the town.

Priya still works as a banker in the city. She travels into the office five days a week. She gets a train into the city, leaving at 7 am and getting home at 7 pm. Priya does not own a car, as she lives very close to the train station.

Priya's job is well paid and she has a lot of disposable income. The work is extremely stressful though and she often has trouble sleeping at night. She frequently has to complete further work at home in the evenings and on weekends, and knows she needs to improve her work-life balance.

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Vocational context continued.

Priya has not participated in regular exercise for over 10 years and is not confident about starting a new activity after such a long break. However, she is keen to find an activity that will allow her to enjoy herself and meet new people who live in the town.

There is a large private sector health club offering a gym, fitness classes and a swimming pool, located five miles from Priya's house. There is also a private sector golf club and a number of trails and lanes that provide excellent running and cycling routes, also within five miles of her home.

Tasks

Task 1 – Increasing participation in regular sport or physical activity for different types of sports participants

Using the vocational context provided, produce a written response choosing TWO activities which are:

- **sports**
- **outdoor activities**
- **physical fitness activities**

that would be appropriate for Priya to take part in.

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1 continued.

Your written response should include an account:

- to justify your chosen physical activities and how they meet the needs of the selected participant
- of the characteristics of the type of provision in the participant's local area and the advantages and disadvantages of this provision for your chosen physical activities and the needs of the selected participant
- of potential barriers to participation in your chosen physical activities for the selected participant
- of methods to overcome these barriers to participation for this selected participant and the chosen physical activities.

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1 continued.

Learning outcome covered

Outcome A: Explore types and provision of sport and physical activity for different types of participant.

Checklist of evidence required

A written response of approximately 3–5 pages of A4 or the equivalent number of pages in your normal way of working, which can include supporting images.

Supervised hours to complete the task

You will need approximately 2 hours to complete Task 1.

(Total for Task 1 = 24 marks)

Task 2 – Equipment and technology required for participants to use when taking part in sport and physical activity

Using the vocational context provided, you should now produce a presentation about the types of equipment and technology that Priya would need to participate in one physical activity of your choice from the following list:

- **sport**
- **outdoor activity**
- **physical fitness activity.**

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2 continued.

Your presentation should include an account:

- to justify your choices of the different types of sports clothing and equipment required for Priya to take part in your chosen sport, outdoor activity or physical fitness activity
- to justify the use of the different types of technology available for Priya to participate in your chosen sport, outdoor activity, or physical fitness activity
- of the benefits and limitations of using this technology for Priya to participate in your chosen sport, outdoor activity or physical fitness activity.

Learning outcome covered

Outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.

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2 continued.

Checklist of evidence required

A presentation of approximately 10–15 slides, which can include any combination of:

- text
- images
- embedded audio/video content lasting no more than 3 minutes
- slides notes.

Physical presentation is not required. Where the option of physical presentation is taken, this should last no longer than approximately 5–10 minutes in duration. This is under the assessment controls stated within the subject assessment strategy.

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2 continued.

Resources needed

You can access the internet if necessary to search and access audio-visual content.

Supervised hours to complete the tasks

You will need approximately 1 hour to complete Task 2.

(Total for Task 2 = 12 marks)

Task 3 – Preparing participants to take part in sport and physical activity

Priya is ready to take part in your chosen physical activity (sport, outdoor activity or physical fitness activity).

PART 1

You will need to produce a written response of a plan for a warm-up for Priya to prepare her for participation in your chosen physical activity, giving reasons for your choice of activities for each component of the warm-up.

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3 continued.

Your written response should include:

- a warm-up plan that includes a pulse raiser, mobiliser and preparation stretches for the selected participant to prepare them to take part in your chosen physical activity
- an account to justify the choice of activities in each component of the warm-up related to the needs of the participant, the responses of the cardiorespiratory and musculoskeletal systems and the chosen physical activity.

PART 2

You will also need to provide video evidence of you demonstrating that you are able to deliver your planned warm-up to the participants.

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3 continued.

You video footage should include:

- practical evidence including demonstrations and audio of you delivering a warm-up to a group of participants to include:
  - pulse raiser
  - mobiliser
  - preparation stretches
- practical evidence including audio of you supporting participants to take part in a warm-up for your chosen physical activity using key teaching points to support good practice.

Learning outcome covered

Outcome C: Be able to prepare participants to take part in sport and physical activity.

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3 continued.

Checklist of evidence required

- A written response to include a warm-up plan of approximately 3–4 pages of A4 or the equivalent number of pages in your normal way of working, which can include supporting sketches.
- Video recordings lasting approximately 10 minutes of you delivering a warm-up to participants.

Supervised hours to complete the task

You will need approximately 2 hours to complete Task 3.

(Total for Task 3 = 24 marks)

TOTAL FOR SET ASSIGNMENT = 60 MARKS
END OF TASK